



# PHYSICAL FITNESS



# **PHYSICAL FITNESS TRAINING PROGRAM OBJECTIVE**

**TO ENHANCE COMBAT READINESS BY DEVELOPING  
AND SUSTAINING A HIGH LEVEL OF PHYSICAL  
FITNESS  
IN SOLDIERS AS MEASURED BY:**

- **CARDIORESPIRATORY ENDURANCE**
- **MUSCULAR STRENGTH AND ENDURANCE**
- **FLEXIBILITY**
- **BODY COMPOSITION STANDARDS AS PRESCRIBED  
BY AR 600-9**
- **MOTOR EFFICIENCY (COORDINATION, AGILITY,  
BALANCE, POSTURE, SPEED, POWER, AND  
KINESTHETIC AWARENESS).**

# **PHYSICAL FITNESS TRAINING PROGRAM OBJECTIVE (cont)**

- **ANAEROBIC CONDITIONING**
- **COMPETITIVE SPIRIT, THE WILL TO WIN, AND UNIT COHESION**
- **SELF-DISCIPLINE**
- **A HEALTHY LIFESTYLE THAT INCLUDES GOOD NUTRITION, EXCLUDES SMOKING, AND AVOIDS MISUSE OF ALCOHOL AND DRUGS**
- **ABILITY TO COPE WITH ALL TYPES OF STRESS**

# COMPONENTS OF FITNESS

- **CARDIORESPIRATORY ENDURANCE**
- **MUSCULAR STRENGTH**
- **MUSCULAR ENDURANCE**
- **FLEXIBILITY**
- **BODY COMPOSITION**



# **PRINCIPLES OF EXERCISE**

**REGULARITY  
PROGRESSION  
BALANCE  
VARIETY  
SPECIFICITY  
RECOVERY  
OVERLOAD**

# **FLEXIBILITY**

**FLEXIBILITY IS THE ABILITY TO MOVE THE JOINTS OR ANY GROUP OF JOINTS THROUGH AN ENTIRE, NORMAL RANGE OF MOTION.**

# STRETCHING TECHNIQUES

- **STATIC STRETCHING**
- **PASSIVE STRETCHING**
- **PROPRIOCEPTIVE  
NEUROMUSCULAR  
FACILITATION (PNF)**
- **BALLISTIC STRETCHING**

# FACTORS FOR A SUCCESSFUL TRAINING PROGRAM

**F REQUENCY**

**I NTENSITY**

**T IME**

**T YPE**



# TRAINING HEART RATE

$$220 - \frac{\quad}{\text{AGE}} = \frac{\quad}{\text{MAX HR}}$$

$$\frac{\quad}{\text{MAX HR}} - \frac{\quad}{\text{RHR}} = \frac{\quad}{\text{HRR}}$$

$$\left( \frac{\quad}{\quad} \% \times \frac{\quad}{\text{HRR}} \right) + \frac{\quad}{\text{RHR}} = \frac{\quad}{\text{THR}}$$

# CRITERIA FOR AN AEROBIC ACTIVITY

- **USES THE LARGE MUSCLES OF THE BODY**
- **CONTINUOUS, RYTHMICAL, AND REPETITIVE**
- **VIGOROUS ENOUGH TO RAISE AND SUSTAIN THE HEART RATE AT A TRAINING LEVEL FOR A MINIMUM OF 20 MINUTES**



# EXAMPLES OF AEROBIC ACTIVITY

## PRIMARY

**RUNNING/JOGGING**

**WALKING**

**SWIMMING**

**BASKETBALL**

**CYCLING**

**RACQUETBALL**

**EXERCISING TO MUSIC**

## SECONDARY

**TENNIS**

**HANDBALL**



# **PHASES OF CONDITIONING**

- **PREPARATORY**
- **CONDITIONING**
- **MAINTENANCE**